

Keeping Marriage Strong While Parenting



***Free
Parenting
Program***

**Tuesday
February 23
7pm**

Adults only

Maintaining a close marriage can be one of the toughest aspects of parenthood. This workshop addresses the two most important facets: strengthening the couples' friendship and managing conflict. Discussion, strategies and exercises will be offered. Based on the work of Dr. John Gottman.

Elizabeth Eastman, LCSW, is a therapist in private practice in Palo Alto. She focuses on supporting individuals and couples facing challenges with parenting.

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